



Race Walking Record

March 2023



(Jonny Ellerton (N^o11) ~ Abigail Jennings (N^o25) ~ Jess Wilton (N^o22) ~ Luc Legon (N^o19))

England Athletics Winter Track 10,000m Champions 2023

Photograph(s) courtesy of Mark Easton (<http://markeaston.zenfolio.com>)



The Race Walking Association

presents the

2023 National Senior & U20 10km and Young Age Group Championships

(To be held in accordance with UKA Rules of Competition)

Sunday 16th April 2023

from

**Coventry Godiva Clubhouse, University of Warwick,
Kirby Corner Road, Coventry, CV4 7AL**

Programme

12:30	10k	Senior Men & Women
12:30	10k	Under 20 Men & Women
13:50	2k	Under 13 Boys & Girls
13:50	3k	Under 15 Boys & Girls
13:50	5k	Under 17 Men & Women

Entry from non-English athletes will be accepted but will not be eligible to take a prize.

A time limit of 70 minutes will be applied to the 10k.

Entry Fees

Senior & U20 = £15.00; Under 13/15/17 = £8.00

Online entry only at: <https://meets.rosterathletics.com/public/competitions/details/about?id=13734>

Closing Date for Entries: **10th April 2023**

Event contact email: NoelCarmody@outlook.com

NEWS

DATES

FOR YOUR DIARY

UKA National 2023 Fixtures

UKA have published the fixture list for 2023 and listed below are the major events that include a race walk. This list will be updated in subsequent editions of the RWR as more information becomes available.

Date	Event	Venue
8 th Jan.	EA Senior & U20 Indoor Walks	E.I.S. Sheffield
18 th Feb.	British Masters Indoor Championships	E.I.S. Sheffield
19 th Feb.	UKA Indoor Championships	Birmingham
4 th Mar.	EA Winter Race Walk Championships	Coventry
12 th Mar.	EA Under 17 & Under 15 Indoor Walks	Cancelled
16 th Apr.	RWA Senior/U20 10k & YAG Championships	Coventry
17/18 Jun.	EA Under 23 & Under 20 Championships	Chelmsford
24/25 Jun.	Welsh Athletics Senior & U15 Championships	Cardiff
8/9 Jul.	UKA Outdoor Championships	Birmingham
15 Jul.	SIAB Schools International	Scotland
22/23 Jul.	EA Senior Championships	Chelmsford
16 th Aug.	Manchester International	Manchester
26/27 Aug.	EA Under 17 & Under 15 Championships	Birmingham
2/3 Sept.	British Masters Outdoor Championships	Derby
16 th Sept.	English Schools Championships	T.B.C.



Chris Snook to represent England in Warsaw



England Athletics is pleased to announce we will be sending Chris Snook to represent England at the upcoming Korzeniowski Warsaw Race Walking Cup – part of the World Athletics Race Walking Tour. The event takes place on 23 April in Warsaw, Poland and will also incorporate the Polish Championships so a high standard is expected.

Vicky Griffiths, England Athletics Competition and Delivery Manager said, “We are looking forward to competing in the Warsaw Race Walking Cup for the first time!

“It looks to be a great competition and one which in the past has produced great results. Chris (Snook) is in great shape and will be using this event to cement a solid start to the outdoor road season.”

Twice Olympian and 21 time national champion Tom Bosworth – who retired last year – makes his debut as England Team Manager. No stranger to the England vest himself, he will lend his expertise and experience.

He told us, “I had no intention of leaving the sport when I retired, especially being able to support my event that so often got overlooked or was misunderstood. I represented England many times, and it was often in the that vest that I secured qualifying times for the major championships.”

“I hope I can help the next generation of athletes to fulfil their dreams, being named as Team Manager is an honour and I know just how valuable these opportunities are to athletes. This is the perfect place to start giving back to the sport that gave me so much.”

Vicky added,

“It is fantastic that we have Tom supporting this trip as team staff. Tom has been a great ambassador for the event discipline, and we are excited to have him on board to support and guide current and future athletes.

We wish Chris all the best!

Source: *England Athletics*



Welsh Athletics Team Announcement: Korzeniowski Warsaw Race Walking Cup



Congratulations to the three athletes selected to represent Wales at the 2nd Korzeniowski Warsaw Race Walking Cup in Warsaw, Poland on Sunday 23rd April 2023. This competition is part of the World Race Walking Tour.

Steve Mitchell, the Welsh Athletics National Talent Development Coordinator - Endurance, added: “We are delighted to be sending a team of talented Welsh walkers to the Korzeniowski Warsaw Race Walking Cup to compete against some of the very best walkers in Europe. Heather Warner and Bethan Davies, who both finished in the top six in the Birmingham Commonwealth Games, will be competing in the 20km race. Talented junior Gracie Griffiths, who finished 3rd in the British Senior Indoor Championships earlier this year, will be competing abroad for the first time when she races in the junior 10km race.”

Source: *Welsh Athletics*



Winners in the recent R.W.A 200 Club draw

	£25.00	£15.00	£10.00
Apr. 23	Julien Hopkins	Steve Wynn	Lancs. WC

It is £12 per number per year, so if you wish to join, please contact Mark Easton (rwatreasurer@yahoo.co.uk) for further details.





Selection Policy 2023 European Race Walking Team Championships: 21 May 2023 Poděbrady (CZE)

UK Athletics have announced the finalised selection policy for the 2023 European Race Walking Team Championships, Poděbrady in the Czech Republic.

Overview: This policy describes the process for the selection of team members to represent Great Britain & Northern Ireland (GB & NI) at the 2023 European Race Walking Team Championships in Poděbrady, Czech Republic.

Aim: UK Athletics (UKA) intends to select individual athletes with the following aims:

- Experienced athletes who have the potential to achieve medals at major championships; and
- Provide opportunities for athletes with an ability to finish in the top eight at the 2024 European Championships.

Amongst other things it says:

There will be no trial event for the 2023 European Race Walking Team Championships. Athletes seeking selection should submit an expression of interest (EOI) by 5th May 2023. If no EOI is received by this date, the selection panel will not consider the individual for selection.

The selection meeting will take place on 9 May 2023.

- Selection will be subject to the maximum entries;
- Up to the following number of athletes will be selected for each event:
 - Three (3) Senior Men 35km or 20km
 - Three (3) Senior Women 35km or 20km
 - Two (2) Junior Men 10km
 - Two (2) Junior Women 10km

The final team will be announced on 11 May 2023.

The UKA qualification standards for athletes are as follows:

Men	Event	Women
1:24:45 (41:30 10km)	20km	1:34:30 (46:00 10km)
2:35:50	35km	3:01:30
45:30	10km (U20)	51:30

The UKA qualification standard must be achieved between 1st August 2022 and 23:59 on 8th May 2023.

Eligibility Criteria

- Be eligible to compete for GB & NI (i.e. full British passport holder);
- Not currently serving a period of ineligibility or a provisional or permanent suspension for a doping violation or for any other reason of misconduct;
- Meet the standards and behaviour expected by UK Athletics, as published from time to time, including in the International Athletes Code of Conduct;
- Be registered as a member with the relevant Home Country Athletics Federation (HCAF), directly or through a club;
- Sign the UK Athletics Team Members' Agreement ("TMA") and abide by its terms and conditions. Any athlete failing to do so prior to the first date of competition will result in their selection being withdrawn.

Full selection policy can be viewed [here](#)



National Championships

England Athletics Winter Track Championships hosted by Coventry Godiva Harriers in conjunction with the Molly Barnett Open Walks, University of Warwick (Sat. 4th Mar.)

Luc Legon and Abigail Jennings took the England senior titles over 10,000 metres in the England Athletics Winter Race Walking Championships which was staged alongside the Molly Barnett Open at Coventry Athletics Track, University of Warwick, Coventry.



Legon reversed the tables on Tom Partington who beat him in the England Athletics Indoor Championships over 3,000 metres in January in Sheffield. Legon clocked a new personal best of 45:12.42. Partington and Legon walked together in the opening laps of the race, but Legon gradually moved ahead of Partington to take the England title with a commanding victory.

Partington took the silver in 46:48.37 with his teammate Neil Wade winning the bronze in 54:34.33. Jonathan Ellerton took the junior men's 10,000 metres title in a new personal best of 57:04.45.

In the senior women's 10,000 metres, Abigail Jennings dominated the England Championships in a new personal best of 50:37.38. Jasmine Nicholls took the silver in 53:16.99. The bronze medal was a race long battle between Hannah Hopper and Pagen Spooner. Hopper was the quicker over the last lap taking bronze in 53:30.84 ahead of Spooner (53:32.03).

Jessica Wilton took the under-20 title with 56:30.12 ahead of Mia Dunwell 56:34.65 who had led the under-20 race for most of the competition, before a late visit to the penalty zone resulted in her losing 1 minute. Lois Carty took the bronze in 60:11.47.

In the open 10,000 metres, Bethan Davies took the title in 46:54.49 and Welsh compatriot Gracie Griffiths put in a fine debut over the distance with a 52:09.34 clocking to move to 10th on the UK all-time list over 10,000 metres.



Gracie Griffiths ~ Bethan Davies

Ellis Simonds took the under-17 title over 5,000 metres in 25:59.93. Ava Chappell took the under 15 girls 3,000 metres title with 17:59.67 ahead of Amy Surgeon 20:28.01.

Men's 10,000m

Pos	Athlete	AG	Club	Perf.
1 (EA)	Luc Legon	SENM	Bexley Athletic Club	45:15.72 [PB]
2 (EA)	Tom Partington	SENM	Manx Harriers	46:48.37
3	Akash Nandwani	SENM	Hyde Park Harriers/ESP	50:31.50 [PB]
4 (EA)	Neil Wade	SENM	Manx Harriers	54:34.33
5 (EA)	Jonathan Ellerton	U20M	Blackheath & Bromley	57:03.45 [PB]
	Guy Thomas	SENM	Tonbridge Athletic Club	DNF
	Ian Richards	M70	Steyning Athletic Club	DQ TR54.7.5
	David Annetts	M55	Norther Herts R.R.	DQ TR54.7.5

Women's 10,000m

Pos	Athlete	AG	Club	Perf.
1	Bethan Davies	SENW	Cardiff A.A.C	46:54.49
2 (EA)	Abigail Jennings	SENW	Aldershot Farnham & D.	50:37.78 [PB]
3	Gracie Griffiths	U20W	Pembrokeshire Harriers	52:09.34 [PB]
4 (EA)	Jasmine Nicholls	SENW	Leicester Walking Club	53:16.99
5 (EA)	Hannah Hopper	U23W	Cambridge Harriers	53:30.84
6 (EA)	Pagen Spooner	U23W	Hyde Park Harriers	53:32.03 [PB]
7 (EA)	Jessica Wilton	U20W	Ashford Athletic Club	56:30.12 [PB]
8 (EA)	Mia Dunwell	U20W	Northern (IOM) AC	56:34.65 [PB]
9 (EA)	Emily Ghose	SENW	Tonbridge Athletic Club	56:47.33
10 (EA)	Melanie Peddle	W50	Loughton Athletic Club	59:22.67
11 (EA)	Lois Carty	U20W	Aldershot Farnham & D.	60:11.47 [PB]

Men's Mixed Age Group 5000m

Pos	Athlete	AG	Club	Perf.
1 (EA)	Ellis Simmonds	U17M	Derbyshire & S. York. Hs	25:59.53 [PB]
	Phil Swales		Northern (IOM) AC	DQ TR54.7.5

Women's Mixed Age Group 5000m

Pos	Athlete	AG	Club	Perf.
1	Penelope Cummings	W45	Herne Hill Harriers	30:35.77
2	Natasha Mitchell	U20W	Southampton AC	31:18.33

Domestic 'A' Judged Races**Enfield Race Walking League – Les Barrett Walks, Donkey Lane, Enfield (Sat. 18th Mar.)**

Mixed 10km

Pos	Athlete	AG	Club	Perf.
1	Dave Annetts	M55	North Herts Road Runners	48:46
2	Jonathan Hobbs	SENM	Ashford Athletic Club	49:46
3	Melanie Peddle	W50	Loughton Athletic Club	60:41
4	Maureen Noel	W55	Belgrave Harriers	64:39
5	John Arthur	M60	Ilford Athletic Club	67:24
6	Chris Hobbs	M60	Ashford Athletic Club	68:51
7	John Ralph	M65	Enfield & Haringey AC	71:44
8	Fiona Bishop	W60	Woking Athletic Club	71:52
9	Sue Barnett	W70	Enfield & Haringey AC	71:55
	Ian Richards	M60	Steyning Athletic Club	DQ TR54.7.1
	Simon Morgan	M55	Ilford Athletic Club	DQ TR54.7.1

Mixed 5km

Pos	Athlete	AG	Club	Perf.
1	Abigail Jennings	SENW	Aldershot Farnham & D.	24:44
2	Grazia Manzotti	W50	Tonbridge Athletic Club	28:28
	Shaheda Arthur	W60	Ilford Athletic Club	DQ TR54.7.1

**Tonbridge AC Easter Open Meeting**Monday 10th April 2023 – Walks at 12.45pm

U15+ 3000m & U13 2000m

Tonbridge School Athletics Track, TN10 3AD

Enter at <https://data.opentrack.run/en-gb/x/2023/GBR/taceom/>Closing date for entries Midnight on 7th April 2023**Tri-Counties (Herts/Kent/Middx) Indoor Championships, Lee Valley Athletics Centre (Sat. 18th Mar.)**

The race distance was doubled to 2000m for this year and attracted an entry of twelve with ten starting. No entries from Middlesex. Luc Legon dominated the race from the gun to finish just shy of his personal best for this distance ahead of training partner Matthew Crane and David Annetts who had raced over 10km in the morning at the Enfield League promotion. Hannah Hopper was over a minute ahead of the next woman with a PB of 9:53.25.

Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Luc Legon	SENM	Bexley Athletic Club	8:19.86 [SB]
2	Matthew Crane	U23M	Bexley Athletic Club	8:40.23 [PB]
3	David Annetts	M50	North Herts RR	9:28.53
4	Hannah Hopper	U23W	Cambridge Harriers	9:53.25 [PB]
5	Jonathan Ellerton	U20M	Blackheath & Bromley	10:23.06 [PB]
6	Jessica Wilton	U20W	Ashford Athletic Club	10:28.94 [PB]
7	Grazia Manzotti	W50	Tonbridge Athletic Club	10:49.67
8	Abigail Smith	U20W	Blackheath & Bromley	11:01.85 [SB]
9	Matthew Ellerton	M45	Blackheath & Bromley	12:33.84 [SB]
	John Borgars	M75	Herts Phoenix	DQ TR54.7.1

Eastern Masters & Veterans AC Indoor Championships, Lee Valley Athletics Centre (Sun. 26th Mar.)

Melanie Peddle and guest walker Grazia Manzotti finished well clear of the remainder of the field with just over two seconds separating them at the finish.

Mixed 2000m

Pos	Athlete	AG	Club	Perf.
1	Melanie Peddle	W50	Loughton AC/EMAC	10:32.04
2	Grazia Manzotti	W50	Tonbridge AC/SCVAC	10:34.70
3	Colin Harle	M60	Belgrave Hs./EMAC	11:45.42
4	Penelope Cummings	W45	Herne Hill Hs./VAC	12:02.12
5	Maureen Noel	W55	Belgrave Hs./VAC	12:29.80
6	John Arthur	M60	Ilford AC/VAC	12:30.70
7	Timothy Clough	M50	Peterborough/EMAC	12:40.70
8	Simon Morgan	M55	Ilford AC/EMAC	13:21.10
9	John Borgars	M75	Herts Phoenix/EMAC	13:34.90
10	Glen Keegan	M55	Herne Hill Hs./VAC	13:48.80
11	Sian Baum	W55	Herne Hill Hs./VAC	14:38.40

Ray Hall R.I.P

The Race Walking Association is saddened to report that Ray Hall (Belgrave Harriers) passed away on 29th March, aged 89, he would have celebrated his 90th birthday in June.

Ray joined Belgrave Harriers in 1956 and was a Life Member, Past President of Belgrave and served as Secretary for a few years.

He was better known for his Race Walking, competing in the 1962 European Games over 50km, where he finished 13th with 4:55:47 and being one of the few to beat 8 hours on the Stock Exchange London to Brighton.

After hanging up his racing shoes he put an enormous back into athletics in so many ways, particularly as a highly respected coach.

Our thoughts are with his family at this sad time.

Domestic 'B' Judged Races**1st South Yorkshire League, Millhouses Park (Tue. 27th Mar.)**

The decision was made to register these races as 'B' races and to go ahead with races even if only one person turns up, *reports Brian Adams*.

Ellis Simmonds was our only entrant and did a solo 3km, producing a PB of 15:13, improving his previous best from exactly 6 months ago by 13 seconds.

Roundup from Guernsey

Couple of wins for Stuart Le Noury over 5 kilometres and 2 miles. In winning the 2 miles track walk he collected the Eric Waldron Trophy for the 12th time with a time forty seconds quicker than last year.

Sunday 5th Mar: Sarnia WC 5km Road Walk, Saumarez Park (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	25:53
2	Donna Allan	W45	Sarnia Walking Club	33:44
3	Rob Elliott	M60	Sarnia Walking Club	35:28
4	Kevin Le Noury	M65	Sarnia Walking Club	38:02

Sunday 19th Mar: Eric Waldron Trophy, 2 Mile Track Walk, Footes Lane (B)

Pos	Athlete	AG	Club	Perf.
1	Stuart Le Noury	M35	Sarnia Walking Club	16:21
2	Rob Elliott	M60	Sarnia Walking Club	22:09
3	Kevin Le Noury	M65	Sarnia Walking Club	23:27
4	Mick Le Sauvage	M80	Sarnia Walking Club	26:35



2023 Sutcliffe Park Track & Field Night, inc. BMC & Walk
 3000m Race Walk (U15+) - Wednesday 24th May 2023 @ 6.30pm
 Sutcliffe Park Sports Centre, Eltham Road, SE9 5LW
 Enter at <https://entry4sports.co.uk/#/>
 Closing date for entries Midnight on 20th May 2023
 For more information contact Noel Carmody (noel.carmody@outlook.com)



Taking the briefest of breaks from team management duties, Ian Richards took a stellar bronze in the M70 race walk, an event in which he still holds the world record from these championships — again in Toruń — four years ago.

Just over two weeks away from his 75th birthday, the 1980 Olympian's 17:00.10 clocking would have seen him take gold in the M75s by over 80 seconds.

An equally impressive performance came from David Annetts in the M55 category, winning silver in a time of 13:26.75.

Though the Vets AC athlete missed out on gold by an agonising 0.44 seconds, he came home the owner of a new British indoor record, having taken over half a minute from Nick Silvester's previous leading mark. (Source: mastersathletics.co.uk)

M55 3000m (i) (27th March)

Pos	Athlete	Nation	Perf	Notes
1	Miguel Carvajal Ortega		ESP 13:26.31	SB
2	David Annetts		GBR 13:26.76	SB
3	Phillipe Bonneau		FRA 13:48.92	
4	Rodrigo Moreno Munar		COL 14:27.17	SB
5	Remco De Bruin		NED 14:31.15	

13 started: 1 DQ

M65 3000m (i) (27th March)

Pos	Athlete	Nation	Perf	Notes
1	Edoardo Alfieri		ITA 15:57.48	
2	Pedro Aranda Fernandez		ESP 16:14.00	SB
3	Giuseppe Iaia		ITA 16:54.54	
4	Waldemar Malecki		POL 17:18.72	
5	Claudio Penolazzi		ITA 17:21.88	SB
10	Ian Torode		GBR 18:59.29	

14 started: 1 DQ

M70 3000m (i) (27th March)

Pos	Athlete	Nation	Perf	Notes
1	Jose Lopez Camarena		MEX 16:16.52	SB
2	Patrice Brochot		FRA 16:43.67	SB
3	Ian Richards		GBR 17:10.00	SB
4	Daniel Siegenfuhr		FRA 18:16.55	
5	Jiri Janousek		CZE 18:22.58	SB

17 started: 2 DQ

M80 3000m (i) (27th March)

Pos	Athlete	Nation	Perf	Notes
1	Joel Dubow		USA 21:35.93	
2	Amatore Michieletto		ITA 21:35.98	SB
3	Marcel Jobin		CAN 21:40.85	SB
4	Raitis Lerme		LAT 21:49.86	
5	Hannu Penttila		FIN 23:17.68	SB
	Ronald Stewart		GBR DQ	TR54.7.1

9 started: 1 DQ

W35 - W40 3000m (i) (28th March)

Pos	Athlete	Nation	Perf	Notes
1	Grace Wanjiru Njue		KEN 14:15.19	W40 SB
2	Maria Marcos Valero		ESP 14:57.97	W40
3	Marina Ivanova		ITA 15:52.26	W40
4	Isabel Perez Belloch		ESP 16:24.62	W40
5	Natividad Vidal Aleu		ESP 16:39.40	W40 SB
6	Maria Niewierko		POL 17:22.50	W35 SB
7	Alexandra Urminska		SVK 17:23.97	W40
8	Liane Jors		GER 17:24.11	W35 SB
9	Milexis Sepulveda		PUR 17:26.92	W35 SB
10	Dash Newington		GBR 17:42.97	W35 SB

15 started: 1 DQ (TR17.3.2)

W45 - W50 3000m (i) (28th March)

Pos	Athlete	Nation	Perf	Notes
1	Bianca Schenker		GER 14:46.02	W45 SB
2	Valeria Molner Birone		HUN 14:55.20	W45 SB
3	Brit Schroter		GER 15:05.36	W45
4	Gwladys Brusseau		FRA 15:22.24	W45
5	Anna Savarese		ITA 15:23.45	W50 SB
6	Valerie Boban		FRA 15:43.89	W50 SB
7	Sinead McConnell		IRL 15:48.22	W50 SB
8	Eva Cuga		SVK 16:04.87	W45 SB
9	Lenka Borovickova		CZE 16:37.43	W50 SB
10	Carolyn Derbyshire		GBR 14:44.71	W45

21 started: 0 DQ

Editors note: World Masters 10km road results will appear in the May edition of RWR.

UPCOMING EVENTS

April

Mon. 10 th	A	Tonbridge AC Easter Open (2000/3000m)	Tonbridge Sch.
Sun. 16 th	A	RWA 10km & YAG Championships	Coventry
Sun. 16 th	B	Sarnia WC Road Walk Handicap	Cambridge Park
Thu. 20 th	B	South Yorkshire League 2	Sheffield

May

Mon. 1 st	A	Hampshire County Championships	Portsmouth
Mon. 1 st	A	Hertfordshire County Championships	Stevenage
Sat. 6 th	B	Lancs WC Dave Compton Memorial 7m	Corley
Sun. 7 th	B	Sarnia Road Walk – 3km	Vale
Tue. 9 th	B	Veterans AC Summer Series	Battersea Park
Sat. 13 th	A	Middlesex County Championships	Lee Valley
Sun. 14 th	A	Kent County Championships	Bromley
Sun. 21 st	B	Sarnia WC Sean Pender Handicap	Footes Lane
Wed. 24 th	A	Cambridge Harriers Open 3000m	Eltham
Tue. 29 th	B	South Yorkshire League	Sheffield